

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY MATERIEL COMMAND
5001 EISENHOWER AVENUE, ALEXANDRIA, VA 22333-0001

AMC REGULATION
NO. 215-1

6 May 1991

Morale, Welfare, and Recreation

AMC RUN FOR YOUR LIFE PROGRAM

Supplementation of this regulation is prohibited without prior approval from HQ AMC, ATTN: AMCPE-AM, 5001 Eisenhower Avenue, Alexandria, VA 22333-0001.

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1. **Purpose.** This regulation prescribes procedures and responsibilities for establishing a command Run For Your Life Program.

2. **Applicability.** This regulation applies to Headquarters (HQ), U.S. Army Materiel Command (AMC); AMC major subordinate commands (MSC) (including subordinate installations, and activities); and separate installations and activities reporting directly to HQ AMC.

3. **References.** Related publications are listed below.

a. AR 215-1 (Administration of Morale, Welfare, and Recreation Activities and Nonappropriated Fund Instrumentalities).

b. DA PAM 350-18 (The Individual's Handbook on Physical Fitness).

c. FM 21-20 (Physical Readiness Training).

*This regulation supersedes DARCOM-R 28-1, 5 April 1977.

4. Responsibilities. a. HQ AMC will--

- (1) Establish procedures for the AMC Run For Your Life Program.
- (2) Provide guidance to and assist installations.
- (3) Procure and award appropriate certificates and patches for personnel qualifying for the 2500, 5000, 7500, 10,000, 15,000, and 20,000 mile clubs.

b. Installation commanders will--

- (1) Provide support and supervision to afford personnel the opportunity to participate.
- (2) Designate a staff member point of contact to sponsor, organize, and administer the program.
- (3) Procure and award certificates and patches to personnel qualifying to the 50, 75, 750, and 1000 mile clubs.

5. Objectives. The Run For Your Life Program objectives are to--

- a. Offer opportunities for the military community to voluntarily participate in the program.
- b. Establish a physical conditioning activity that can be conducted on a year-round basis.
- c. Encourage installations to strive for maximum participation through dynamic leadership and publicity.
- d. Create an environment in which personnel will be interested in developing and maintaining their physical fitness.

6. General. The Run For Your Life Program is a voluntary participation program available to individuals and units. The program is designed for men, women and children, and establishes a physical conditioning activity that can be used over an extended period of time.

7. Eligibility. Active duty military, family members, and civilian personnel assigned or attached to AMC installations.

8. Organization and administration. AMC Form 2868-R ("Run For Your Life" Program Entry Application) will be used to enter the program. AMC Form 2869-R ("Run For Your Life" Progress Sheet) is used for the 6-week preparatory phase. As participants progress, a record is maintained on separate progress sheets for each phase. AMC Form 2869-1-R is used for the conditioning phase and AMC Form 2869-2-R is used for the sustaining phase. These reproducible forms are found at [appendix A](#).

9. **Awards.** HQ AMC will award certificates and patches to personnel qualifying for the 2500, 5000, 7500, 10,000, 15,000, and 20,000 mile clubs. A sample format for submission is shown in figure 1.

Office Symbol of Requesting Installation
MARKS Number

MEMORANDUM FOR Commander, Headquarters, U.S. Army Materiel Command,
ATTN: AMCPE-AM, 5001 Eisenhower Avenue, Alexandria, VA 22333-0001.

SUBJECT: AMC Run For Your Life Awards

1. Reference AMC-R 215-1, the following individual(s) are qualified to be awarded certificate(s) and patch(es) for miles attained as indicated:

Rank Full Name

Qualifying Distance

Date Distance Attained

Type of Logs Attached

FOR THE COMMANDER:

(Signature Block)

Figure 1. Format for installations (sample memorandum)

The proponent of this regulation is the United States Army Materiel Command. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the Commander, HQ AMC, ATTN: AMCPE-AM, 5001 Eisenhower Avenue, Alexandria, VA 22333-0001.

FOR THE COMMANDER:

OFFICIAL:

WILLIAM B. McGRATH
Major General, USA
Chief of Staff

THOMAS H. DOLAN
Chief, Operations and Support
Division

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"RUN FOR YOUR LIFE" PROGRAM ENTRY APPLICATION

(AMC-R 215-1)

NAME: _____	RANK: _____	DATE: _____
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UNIT: _____ (Civilians - Military Members)

MILITARY SPONSOR'S NAME: _____ (Military Dependents)	RANK: _____
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MILITARY SPONSOR'S UNIT: _____ (Military Dependents)

AGE: _____	WEIGHT: _____
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If you are age 30 or older, complete the following sentence:

I have received a medical clearance necessary to participate in the "RUN FOR YOUR LIFE" Program.

☐

Yes

☐

No

FAMILY HISTORY OF HEART TROUBLE:

☐

Yes

☐

No

Check the phase at which you will begin the program.

I am entering the following phase of the "RUN FOR YOUR LIFE" Program:

☐

6-Week Preparatory Phase

☐

9-Week Conditioning Phase

☐

Sustaining Phase

To the best of my knowledge I am in good health and I voluntarily elect to participate in the "RUN FOR YOUR LIFE" Program.

(SIGNATURE)

(If under age 16, parent must sign.)

RETURN TO: _____

[illegible]

"RUN FOR YOUR LIFE" PROGRESS SHEET

NAME: _____ GRADE: _____ UNIT: _____ (Do not use if Dependent)

Military Dependent: **Military sponsor's name:** _____ **Grade:** _____

Military sponsor's unit:

CONDITIONING PHASE (9 Weeks)

CONDITIONING PAGE (2 WEEKS)			TIME GOALS (IN MINUTES)		
WEEK	DISTANCE	METHOD	MEN UNDER 40	MEN OVER 40 WOMEN UNDER 40	WOMEN OVER 40
1	1 MILE	RUN	9:45	10:45	11:45
1	1 MILE	RUN	9:45	10:45	11:45
1	1 MILE	RUN	9:45	10:45	11:45
2	1 MILE	RUN	9:30	10:30	11:30
2	1 MILE	RUN	9:30	10:30	11:30
2	1 MILE	RUN	9:30	10:30	11:30
3	1 MILE	RUN	9:30	10:30	11:30
3	1 MILE	RUN	9:30	10:30	11:30
3	1 MILE	RUN	9:30	10:30	11:30
3	1 MILE	RUN	9:30	10:30	11:30
4	1 MILE	RUN	9:15	10:15	11:15
4	1 MILE	RUN	9:15	10:15	11:15
4	1 1/2 MILES	RUN/WALK COMBINATION	15:00	16:30	18:00
4	1 1/2 MILES	RUN/WALK COMBINATION	15:00	16:30	18:00
5	1 MILE	RUN	9:00	10:00	11:00
5	1 MILE	RUN	9:00	10:00	11:00
5	1 1/2 MILES	RUN/WALK COMBINATION	14:00	15:30	17:00
5	1 1/2 MILES	RUN/WALK COMBINATION	14:00	15:30	17:00
6	1 MILE	RUN	9:00	10:00	11:00
6	1 MILE	RUN	9:00	10:00	11:00
6	1 MILE	RUN	9:00	10:00	11:00
6	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
6	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
7	1 MILE	RUN	8:30	9:30	10:30
7	1 MILE	RUN	8:30	9:30	10:30
7	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
7	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
8	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
8	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
8	2 MILES	RUN	17:00	19:00	21:00
9	1 MILE	RUN	8:30	9:30	10:30
9	1 MILE	RUN	8:30	9:30	10:30
9	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
9	1 1/2 MILES	RUN/WALK COMBINATION	13:00	14:30	16:00
9	2 MILES	RUN	17:00	19:00	21:00

If the goals for any week are not attained, repeat that week's schedule until the goals are satisfied. If additional running is desired within any week, use the time goals as outlined for that particular week. Then continue in sequence to the next scheduled week. After completing the Conditioning Phase, proceed to the Sustaining Phase.

[illegible]

Upon completion of required miles for an award, return or mail complete progress sheet to _____
 Military sponsor must sign progress sheets for dependents:

(Signature of participant, sponsor, or unit commander)

[illegible]